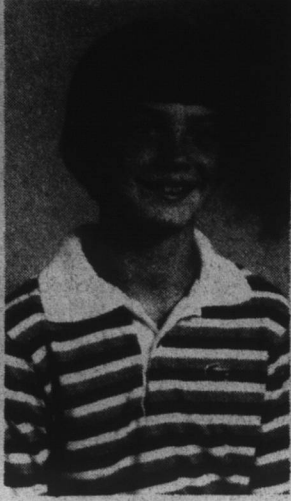




Vanessa Spivey



Eric Strother

Band Members Cited

On Sunday morning, June 24, 32 John A. Holmes High School Band members, accompanied by their director, Otis Strother and his family, traveled to Ferrum, Va. The group attended the Mid-Atlantic Band Front Camp which was held at Ferrum College from June 24-30.

Those band members who were required to attend the camp are drum majors and participants in the rifle

corps, flag corps, and drum line. The band members drilled eight hours a day under the leadership of many outstanding instructors.

The Holmes Band group was distinguished by having two of its members recognized at an awards program. Vanessa Spivey received the top flag award, and Eric Strother received the future drum major award.

One In Six Effected

One in every six persons has it.

It can strike the young, old; black, white; man, woman and child. If you are over 50, black, on the pill or pregnant, your chances of having it are even greater.

High blood pressure or hypertension is a serious disease affecting more than 23-million Americans and the lives of their family and friends. Yet many Americans have it and do not know it. Many others know they have it, but do not have it under control.

If left uncontrolled, high blood pressure may lead to stroke, heart disease or kidney damage. It claimed more than 20,000 lives last year alone.

Most high blood pressure cannot yet be cured. But we do know that high blood pressure can be treated and controlled. If you have high blood pressure but have your condition under control, you can live a normal, long and healthy life.

To help you understand how high blood pressure can be controlled, here are four important facts:

FACT: If you have high blood pressure, you will probably have this condition throughout your life. But your life can be a long and healthy one, if you follow your physician's prescribed treatment. Your blood pressure may go down and stay within a normal range, but the treatment plan you follow each day keeps it down.

FACT: People with high blood pressure usually have no symptoms. You can feel fine, look healthy and still have high blood pressure. Headaches and dizziness do not necessarily mean your blood pressure is high.

To keep "feeling fine," high blood pressure treatment must be followed every day, not only when "symptoms" appear.

FACT: Hypertension does not mean being more tense or upset. Hypertension means high blood pressure—too much pressure against your blood vessel walls while the heart pumps blood throughout the body. If you do not have high blood pressure and you become tense or upset, your blood pressure can go up—but it will come down again. If you have high blood pressure, it can come down only with daily treatment.

FACT: Your prescribed blood pressure medicine cannot be exchanged for another kind of therapy. If you are taking prescribed medication and your doctor advises in addition low-salt diet and more exercise, these added therapies alone cannot take the place of your pills. They may, however, greatly reduce your need for medicine.

If you or someone you know has high blood pressure, they can avoid needless health risks by resuming or continuing medical treatment. Successful and continued treatment means a healthier life for someone you know—a friend, your family or you.

GOING TO CHOWAN

Robert L. Brown of Edenton and a graduate of John A. Holmes High School has been accepted by Chowan College for the fall semester beginning August 27, 1978. Robert will be enrolled in the pre-education curriculum with an emphasis on physical education.



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bottle **99¢**

No. 1 Campbell's Chicken Noodle Soup
4 cans **\$1.00**

No. 303 Proctor White Kernel Sweet Corn
3 Cans **89¢**

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Source: ARI Directory, January 1978

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